



**MICROPHTHALMIA, ANOPHTHALMIA
& COLOBOMA SUPPORT**

Supporting people born without eyes and with
underdeveloped eyes

Tel: 0800 644 6017 (Enquiries)

Tel: 0800 169 8088 (Members Support)

Web: www.macs.org.uk

Address: MACS (Microphthalmia,
Anophthalmia & Coloboma Support),
71-75 Shelton Street, London, WC2H 9JQ



@MACScharity



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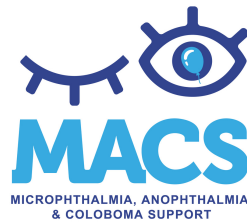


MACS Charity



@macs.the.charity

Microphthalmia, Anophthalmia & Coloboma Support



MACS Teens



MACS Teens

MACS teenagers navigate these years just like any others but with the added strand of a MACS condition.

MACS are aware that these are often the years in which you can feel most isolated and “different” and we are working hard to create a range of programs and resources to support any MACS teen to gain the belief and self-confidence to move to adulthood.

MACS opportunities open to teenagers

Teen Chat Group and Podcast

We’ve created a dedicated chat group just for teens, designed to meet your needs based on general sight levels. We understand that the challenges you face can vary greatly depending on your specific condition, and we’re here to support you.

We also have brilliant podcast resources that focus on wellbeing and real-life experiences, offering relatable stories, tips, and support from people who really get it.

<https://macs.org.uk/teen-podcasts/>

Activity Trips

Whether it’s Calvert Trust adventures, sailing trips, or a stay at Jamie’s Farm, our activity trips are designed with teens in mind.

This is your chance to step outside your comfort zone, try new things, and push your limits. We know school life can sometimes make it harder to access certain activities, but here, you’ll find the freedom to enjoy them just like anyone else.

Mental Wellbeing

Looking after your mental wellbeing is essential, and we’re here to help. From our inspiring podcasts and Jamie’s Farm residential to online Zoom sessions, we offer plenty of ways for you to connect with peers, share experiences, and feel supported.

Future Opportunities (16+)

As you approach Year 11 and start thinking about employment, we’ve got you covered. We provide a range of resources to help you take those first steps, from tackling CV writing to exploring the support available. Plus, you can find inspiration by seeing what MACS adults before you have achieved, proving there’s no limit to what you can accomplish!

Parents’ Support

We and our members always encourage independence. It sets anyone up for life and those all-important next steps into work, university or living independently. A visual impairment whether partial or full is no reason for not being able to do the overwhelming majority of household tasks, even if a little differently.

Those with no sight whatsoever can still make beds, wash and iron clothes, cook, Hoover, sew... for leisure they can play sports, rock-climb, dance and travel.

Our Facebook forums are full of tips on how to achieve all these things, for many it's a simple change or showing something in a slightly different way.

Member Comments

At MACS, we celebrate the incredible achievements and resilience of our community members. From overcoming everyday challenges to reaching extraordinary milestones, these stories remind us of the strength, determination, and limitless potential of our children and young people. Here, we share a few inspiring accounts from our members, highlighting their journeys and accomplishments.

This is Ewan, who is starting his final year of high school as house captain and recently achieved five A-grades in his Highers. He's planning to study maths and computer science at university next year. When Ewan was born, no one could tell us what his vision would be like or what he might be able to do. He's continuously amazed us with his accomplishments, even though, at one point, I wondered if he'd ever learn to tie his shoelaces! Finding MACS gave us immense encouragement through its support and the inspiring stories of others. We hope Ewan's journey can provide similar hope and encouragement to families just starting out.

"I believe it's incredibly valuable for children with MACS conditions to spend time with other children who share their condition or with other disabled children. Growing up around disabled peers gave me a strong sense of self-acceptance and confidence in the way my body works. It's important for children to feel that who they are is valid and okay. This kind of support makes a huge difference, especially when, as a child, you're faced with questions like, 'What's wrong with your eyes?' before someone even says hello. I'm not sure if this is the best leaflet for raising this point, as I think it's something kids should be exposed to as early as possible. However, I wanted to put this out there in case it could be included here or on other relevant materials. Hopefully, Sharon or someone else can ensure it's placed where it can have the most impact."

This is our son, Aiden, who has bilateral microphthalmia and coloboma, with very limited vision. Today, he competed in the Scottish Disability Swimming Championships, securing two first-place and two second-place finishes. This shows that our kids can achieve anything they set their minds to with determination and perseverance.

Well done, buddy!

